The Rhondda Rollercoaster – 12.05.18

**EVENT DETAILS**:

A visually spectacular spring walk of 26.5 or 16 miles with 5000 feet ascent in the famous Rhondda valleys of South Wales. Views of the Brecon Beacons, the South Wales Valleys, Exmoor and the Gower will be experienced on route that will take walkers to Mynydd Y Glyn, Mynydd William Meyrick, The Bwlch and Llanwonno. This event is organised by the South Wales group of the Long Distance Walkers Association and is open to non-LDWA members.

Route descriptions will be available to download from the South Wales LDWA website and will also be emailed to entrants one month prior to the event date. GPX tracks will also be available for use.

Checkpoints will supply plentiful and nutritious food and a substantial hot meal and hospitality on your return to Trehafod. Tea and toast provided at the start.

**START:** Trehafod Community Village Hall, Trehafod, near Pontypridd – easily accessible from junction 32 of the M4 and then A470. GR ST 046908

**CAR PARKING:** Provided at Barry Sidings Countryside Park, GR ST 054908. Please note that the car park is 600m from Trehafod Community Village Hall**.** Marshals will direct entrants to the start venue. **PLEASE DO NOT PARK IN THE VILLAGE ITSELF.**

**REGISTRATION:** From 7:00 am.

**START TIMES:** 8am for walkers on 26.5 mile route. 9am for runners on 26.5 mile route and 9am for all entrants on 16 mile route.

**TIME LIMIT:** All to finish by 19:00 please. Checkpoint cut off times WILL be enforced.

**ENTRY FEE:**

**26 Mile Route:** Pre entered LDWA members **£5.00**, Non LDWA members **£19.00.** NO ENTRIES ON THE DAY.

**16 Mile Route:** Pre entered LDWA members **£3.00**, Non LDWA members **£17.00**. NO ENTRIES ON THE DAY.

**APPLICATIONS:** Please detach and complete the entry form and send it to the Entries Secretary.

**RULES OF THE EVENT**

**1 The Event:**

* 1. The aim is to complete, on foot, a defined route of 26 or 16 miles within a maximum of 11 hours.

1.2 Walkers start at 8am on the 26 mile route. Runners to start at 9am. Both runners and walkers to start at 9am on the 16 mile route. Entrants must finish by 7pm.

**2 Start And Finish:**

2.1 Trehafod Community Village Hall, Trehafod, near Pontypridd, CF37 2NF Grid Reference: ST 046908

2.2 Car parking is available at Barry Sidings Countryside Park. This is 1 kilometre from the Walk HQ. Please do NOT park in the village itself due to limited parking availability.

**3 How To Enter:**

3.1 The registration period for the Rhondda Rollercoaster opens on 1st August and closes when the event is full.

3.2 The preferred method of entry is online.

3.3 Entries will be acknowledged via email.

3.4 You may also enter by post. Send the payment with entry form or Standardised Entry Form to ‘**Rod Hollands - 11 Sandford Terrace, Aylburton, LYDNEY, GL15 6DW’.**

3.5 If entrants do not use email, then entries will not be acknowledged unless stamped self-addressed envelopes are forwarded with the entry.

3.6 Entrants who have not received the final instructions two weeks prior to the event date must complete the following:

1. On-line entrants must check their on-line status to confirm their entry status. If confirmed, then please contact the entries secretary by email who will provide the required information.

2. Postal entrants to contact the entries secretary by post or telephone.

**4 Conditions Of Entry:**

All entrants must:

4.1 Be aged 18 years or over on the **12.05.18.**

4.2 Have paid the required entry fee.

4.3 Agree to comply with the event rules.

**5 Cost:**

5.1 The entry fee is **£5 or £3** for LDWA Individual and Family Members (which must be current at the time of entry and also at the time of the event), and **£19 or £16** for non-LDWA members.

5.2 Payment will be made either online or cheque which should be made payable to ‘**South Wales LDWA’.**

5.3 The entry fee includes all refreshments provided during the event including a light meal at the finish and a certificate for all starters.

**6 Cancellation And Withdrawal:**

6.1 If the event is cancelled for any reason the organisers will do their best to contact entrants before they start their journey, using the contact details provided to us. The Organisers will also put a notice on the event website and entrants are recommended to check this before departure. Cancellation of the event will be at the discretion of the organisers and entry fees will be refunded less a proportional amount for costs incurred etc.

6.2 If an entrant withdraws his/her entry on or before **31st March 2018** the Organisers will refund the fee, less **£5** for administration. There will be no refund if an entrant withdraws after **31st March 2018.**

**7 Kit Required:**

**The kit listed below is the minimum required**. **Every participant must carry every item of kit during the event, sharing is not permitted**. **There could be a kit check at some point during the event, and any participant not carrying a required item of kit will be immediately disqualified and transported to the finish by official transport – see Section 12**

7.1 **The mandatory kit that is required for your safety is**:

* Route Description

This must be the **official** route description of the event and can be in:

Paper form and kept waterproof.

**OR**

An electronic version provided durability and adequate power supply can be demonstrated if requested by a marshal.

* Maps as specified below.
* A full set of waterproofs that cover the whole body.
* An additional upper body layer to be worn or carried e.g. Long-sleeved Base Layer / Fleece.
* Hat & Gloves.
* Trousers to be carried if shorts are worn and can include tracksters / running tights **AND** waterproof trousers. The purpose of carrying trousers is to enable an entrant to remain warm when the temperature drops. Entrants should bear in mind that if the weather changes or they suffer an accident that they must be able to dress appropriately as the temperature can drop significantly, even in summer.
* Compass with a dial and this can include an electronic device provided adequate power can be demonstrated if requested by a marshal.
* A whistle.
* A working torch with spare batteries and bulb if not an LED device.
* A survival bag or space bag (not a space blanket).
* First Aid kit, which at a minimum must include plasters, adhesive dressing, antiseptic wipes, fixation tape and low adherent dressing.
* Emergency food.
* A sealable drinks container, minimum size 0.5 litre.

7.2 **Other kit that we recommend you carry, but for which you will not be disqualified if you are not carrying it is as follows:**

* A cup or mug (none will be provided on route)
* Money/Debit/Credit card or mobile phone for emergency use.

**8 Maps Required:**

8.1 OS 1:25,000 Explorer 166 or

8.2 OS 1:50,000 Landranger 170 or

8.3 Computer-generated versions of these maps printed in colour at a scale of not less than 1:50,000 waterproof and covering at least 1 mile either side of the route will be acceptable or,

8.4 Maps in electronic format will also be allowed provided durability and adequate power supply can be demonstrated if requested by a marshal.

**9 Conduct Of The Event:**

The South Wales LDWA recognises that it has a duty of care towards those participating in the Rhondda Rollercoaster event and this is outlined in Section A below. However participants must appreciate they have also have a duty to conduct themselves in a reasonable fashion and to obey the Rules of the Event. These duties are outlined in Section B below. Ultimately individuals must take responsibility for their own actions.

**Section A.**

**Organisers’ Duty Of Care:**

The Event Organisers will undertake a suitable and sufficient risk assessment for the Event and keep it updated. This will be published on the web site. They will also liaise with all relevant statutory authorities including the local Safety Advisory Groups, landowners and obtain all relevant permissions. The arrangements provided by the organisers in furtherance of its duty of care will include:

A1 The organisers will ensure that the event route description is as accurate as possible.

A2 The organisers will marshal any potential points on the route where the organiser and the local Safety Advisory Groups consider there to be risks. They will sign those risks as well as other places of potential risk that the organiser identifies. Furthermore, the organiser, having identified possible risks, will seek to mitigate them in a way that is appropriate, proportionate and reasonable, whilst recognising that not all risks can be totally mitigated.

A3 The organisers will have checkpoints under cover and inside halls as much as is reasonably practicable.

A4 The organisers will ensure there is sufficient quantity of high quality nutritious food.

A5 The organisers will implement a robust communications system consistent with the terrain and known difficulties of communication.

A6 The organisers will provide transport for entrants who retire in order to return them to Walk HQ.

A7 The organisers will provide First Aid at Walk HQ.

A8 The organisers will provide entrants with an emergency telephone number.

**Section B:**

**Entrants’ Duty of Care:**

B1 Entrants have a personal responsibility for their own fitness and well-being and undertake to enter the event based on the fact that they have prepared appropriately. Additionally all participants must carry the appropriate equipment for their own safety and protection.

B2 Two or more checkpoint marshals will have the authority to retire entrants who in their opinion are behind schedule or appear to be showing signs of distress going beyond normal fatigue. Entrants must obey directions given to them by marshals, and hand in their tally and retire from the event if so directed by a marshal.

B3 Retiring entrants should hand in their tally card at a checkpoint and wait for transport to be arranged to Trehafod Community Village Hall. In an emergency, if retiring entrants cannot reach a checkpoint they should pass their tally to another person to hand in, or call the emergency telephone number. Under no circumstances should anyone retire from the event without ensuring the organisers are informed.

B4 Entrants must not be threatening, abusive or insulting to a marshal on the event and understand that if reported to the LDWA, their behaviour might be subject of evaluation from a ‘LDWA Review Group’.

B5 Entrants must follow the route description provided including any late changes notified at the start or on route by marshals, and get their time recorded and tally punched at each checkpoint, including any self-clips.

B6 Entrants must pass through checkpoints in order. In the event that they deviate from the route they must get back on route by the shortest practical means without trespassing on private property. (Deliberate deviation from the route to gain advantage will result in disqualification)

B7 Entrants understand that they shall not be allowed in a checkpoint other than during the official opening times of the checkpoint. These times will be displayed on the event web site and in the route description. Entrants understand that checkpoint opening and closing times will be strictly enforced. Entrants will be aware of the times when choosing a starting time.

B8 Entrants understand that if they arrive at a checkpoint after that checkpoint has closed then they will be retired and must leave the checkpoint prior to its closing time.

B9 Entrants understand that checkpoint marshals will retire any entrant remaining at a checkpoint for more than 2 hours.

B10 Entrants must complete the event exclusively on foot unless directed by a marshal to do otherwise.

B11 Entrants must comply with the Countryside Code at all times and do nothing to bring the LDWA into disrepute.

B12 Entrants understand that the organisers reserve the right to vary the route for any reason such as adverse conditions or road closures, in which case entrants will be informed of the variations by marshals.

B13 Entrants understand that marshals shall be entitled to group entrants for reasons of safety, for example during adverse conditions.

B14 No dogs are permitted on the event.

**10 Disqualification**

10.1 Entrants in breach of the any of the rules of the event will be disqualified. They will be asked to surrender their tallies, and they will be transported back to the finish by official transport.

10.2 In all matters connected with the event the decision of the organisers is final. At checkpoints the decision of the marshals is final.

**COUNTRY CODE:** Be safe, plan ahead and follow any signs. Leave gates and property as you find them. Protect plants and animals and take your litter home. Keep dogs under close control. Consider other people.

Please understand that the personal information submitted as part of this entry form will be held by the event organisers for a period of up to two years after the event is held for the purposes of managing this event only. Please understand that photographs are likely to be taken at the event, which may be featured in Strider magazine or on LDWA websites. In addition, the Summary Information\* may be published immediately and may be held in perpetuity for the purposes of providing a record of the event. You will have the right to request that all my personal Summary Information is anonymised, should you so request.”

\*Summary information is limited to the participant’s name, age, gender, postal town, email address, LDWA membership number, event name and date, distance covered, time recorded as well as any other linked walking achievement.

**This form is to be completed for postal entries only.**

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| --- | --- |
| Last Name: |  |
| First Name: |  |
| Address: |  |
| Email Address: |  |
| LDWA No: |  |
| Emergency Contact No: |  |

Route – Please tick:

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| --- | --- | --- | --- |
| **26** |  | **16** |  |

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| **I agree to the Rules of the Event and understand that no liability is accepted by the South Wales LDWA for any injury, damages or loss sustained by me during “Rhondda Rollercoaster” event, or in connection with the event.** | Signed: |

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| **Please send this completed entry from to the Entries Secretary:**  **Rod Hollands, 11 Sandford Terrace, Aylburton, LYDNEY, GL15 6DW** |